

Acupuncture Sports Medicine Seminars

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Course:

Acupuncture Sports Medicine:

Acupuncture Treatment of Common Injuries and Pain

Instructor:

Whitfield Reaves, OMD, LAc

Vancouver, BC Canada

This seminar is a specialized course by Whitfield Reaves on the topic of Acupuncture Sports Medicine. With an emphasis on anatomically significant points of the musculoskeletal system, the weekend will focus on the treatment of common injury and pain syndromes. How to harmonize the biomechanics and movement patterns of the body, including postural considerations, will also be covered.

Whitfield will present the “access points” in orthopedic and sports medicine acupuncture. They include the traditional points of acupuncture, the extraordinary points, and some points or zones not elucidated in the texts, such as trigger points and motor points. Each of these points are located in anatomically significant tissues of the body, and therefore tend to have profound effects on both structure and function. And of course used for the treatment of pain.

Whitfield will cover the precise locations of the important points of the shoulder upper extremity, the low back and hip, and the lower extremity. And, of course, he will present how to precisely needle them.

The course structure is as follows:

Day 1: The neck and shoulder

Day 2: The low back and hip

Day 3: The lower extremity

The material of this three-day workshop is the integration of traditional Chinese acupuncture with western orthopedic and sports medicine. With precise instruction and demonstration, each practitioner increases their knowledge and confidence in key anatomically significant points. Having spent over three decades with Olympic and world-class athletes, Whitfield’s experience is invaluable for all those working in the field of pain, orthopedics, and sports medicine. As one of the founders of sports acupuncture in North America, Whitfield Reaves should not be missed!

Acupuncture Sports Medicine:

Goals and Objectives

1. For the practitioner to know the location of ten (10) important “access points” of the neck and the shoulder
2. For the practitioner to know the location of five (5) important “access points” of the low back and hip.
3. For the practitioner to know the location of ten (10) important “access points” of the lower extremity.
4. For the practitioner to describe the anatomical significance of ten (10) important “access points” of the upper and lower extremities.
5. For the practitioner to describe the anatomical significance of five (5) important “access points” of the low back and hip.
6. For the practitioner to name 5 orthopedic tests which would help in assessment and there by the process of point selection.
7. For the practitioner to know three (3) actions and indications for use in orthopedic and sports medicine acupuncture of ten (10) important “access points”.

Day 1 – Friday (7 Hours)

Points of the Neck and the Shoulder

Hour 1

Introduction

Description of trigger points, motor points, and other anatomically significant tissues in relation to the traditional Chinese acupuncture points.

General Techniques of Acupuncture Sports – Whitfield Reaves’ Four Step Approach

1. Explanation of Step One – Initial Treatment

The Tendino-muscle Meridians (TMM), Opposite Side Treatment (Contra-lateral), Opposite Extremity Treatment, Empirical Points

2. Explanation of Step Two – Meridians and Microsystems

Shu-Stream Point Combination, Traditional Point Categories, Extraordinary Meridians, Microsystems

3. Explanation of Step Three – Internal Organ Imbalances

Zang-fu theory, Eight Principles, Six Divisions

4. Explanation of Step Four – The Site of the Injury

Treatment of local and adjacent points

Treatment strategies in sports acupuncture

Hour 2

Significant points of the shoulder:

The Supraspinatus muscle

SI 12

The Supraspinatus tendon

LI 16, LI 15

| | |
|-------------------------------------|--------------|
| The Supraspinatus tendon attachment | LI 15 |
| The Sub-acromial space, the bursae | LI 16, LI 15 |

Hour 3

Significant points of the shoulder:

| | |
|--|---------|
| The Infraspinatus muscle | SI 11 |
| The Infraspinatus muscle-tendon junction | SI 9.75 |
| The Infraspinatus tendon attachment | SJ 14 |

| | |
|--------------|---------|
| The AC Joint | LI 15.5 |
|--------------|---------|

Hour 4

Significant points of the shoulder joint capsule:

| | |
|--------------------------|------------------------------|
| Anterior shoulder joint | <i>Jianqian, Jianneiling</i> |
| Posterior shoulder joint | SI 10, SI 9 |

Lunch

Hour 5

Significant points of the neck

| | |
|-----------------------------|--------------|
| The Levator Scapulae muscle | SI 14, SI 15 |
|-----------------------------|--------------|

Significant points for shoulder retraction-protraction

| | |
|---------------------------|-----------------|
| The Rhomboid minor muscle | Region of Bl 41 |
|---------------------------|-----------------|

| | |
|----------------------|---------------------|
| The Pectoralis minor | Lu 1, Lu 2 region |
| The Pectoralis major | St 14, St 15 region |

Hour 6

Significant points of the shoulder

| | |
|--------------------------|-------------------------------|
| The Biceps muscle/tendon | Biceps tendon zone near LI 15 |
|--------------------------|-------------------------------|

Lecture includes point location, anatomical significance, actions and indications

Demonstration of point location, palpation, and orthopedic tests of the muscles

Demonstration of needle technique

Practice of needle technique

Hour 7

Review

Day 2-- Saturday (7 Hours)

Points of the Low Back and Hip

Hour 1 & 2

Significant points of hip and pelvis:

The Gluteus medius muscle

Jiankua

The Trochanteric bursae

Zone at the Greater Trochanter

The Gluteus minimus

Significant points of the lateral thigh:

The IT Band

GB 31

The IT Band at the lateral knee

GB 33, anterior GB 33

Hour 3

Significant points of the lumbar region:

The Quadratus lumborum

Pigen, Yaoyan, Bl 52 region

Hour 3.5

Significant points of the sacral region:

The Sacral-tuberous ligament

Bl 54 Zone

Lunch

Hour 4

Significant points of the sacral region:

The Sacral-Iliac joint

Bl 27, Bl 28 zone

The Piriformis Muscle

Bl 53.5

Hour 5

Shiqizhui

Lumbo-sacral junction

Huotuojiayi

Multifidus

Core Muscles

Hour 6

Significant points of the posterior thigh:

The Hamstring muscle

Bl 37

The Hamstring tendon

Bl 36

Hour 7

Review

Lecture includes point location, anatomical significance, actions and indications
Demonstration of point location, palpation, and orthopedic tests of the muscles
Demonstration of needle technique
Practice of needle technique

Day 3-- Sunday (7 Hours)

Points of the Lower Extremity

Hour 1

Significant points of the anterior thigh:

Vastus lateralis muscle

St 32

Vastus medialis muscle

Sp 10, *Baichongwo*

Rectus femoris muscle

Muscle zone

Hour 2

Significant points of the knee:

Patello-femoral joint

Xiyan

Sub-patellar zone

Xiyan

Medial joint space

“Medial” *Xiyan*, Liver 8 zone

Medial collateral ligament

Medial meniscus

Hour 3

Lateral joint space

“Lateral” *Xiyan*, GB 33.5

Lateral collateral ligament

Lateral meniscus

Pes anserinus tendon and bursae

Sp 9 zone

Hour 3.5

Significant points of the leg:

Anterior shin splints

St 36, *Lanweixue*, Tibial zone

Medial shin splints

Sp 6 to Sp 9 zone

Lunch

Hour 4

Significant points of the foot:

The Talar sinus, lateral ankle sprain

GB 40 zone

The Achilles tendon zone

“Threading the tendon”

The Achilles bursa

Kid 4/Bladder 61.5 zone

Hour 5

Significant points of the foot:

The Plantar fascia

Shimian, medial *Shimian*

The Abductor hallucis muscle belly

Region of Kid 2

Hour 6

1st MTP Joint

Region between Sp 3 and Liv 3 zone

Other Foot Pathologies

Hour 7

Review

Lecture includes point location, anatomical significance, actions and indications

Demonstration of point location, palpation, and orthopedic tests of the muscles

Demonstration of needle technique

Evaluations